

# Double Twist (P)

拍数: 48      墙数: 2      级数: Intermediate partner dance  
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音乐: Babalou - The Tractors



**Position: Double Hand Hold; (never let go of hands); Opposite Footwork. (Man starts with Left, Lady with Right.)**

## VINE, ¼ TURN, HEEL, ½ TURN, HEEL, ¼ TURN, TOUCH

- 1-4      **MAN:** Step left, step right behind left, step on left (turning ¼ left), touch right heel forward  
**LADY:** Step right, step left behind right, step on right (turning ¼ left) touch left heel forward
- 5-8      **MAN:** Step on right (turning ½ right), touch left heel forward, step left (turning ¼ left), touch right toe at instep (bring arms out to your sides at waist level when doing turns)  
**LADY:** Step on left (turning ½ right), touch right heel forward, step right (turning ¼ left) touch left toe at instep (now facing partner)

## VINE, ¼ TURN, HEEL, ½ TURN, HEEL, ¼ TURN, TOUCH

- 9-12      **MAN:** Step right, step left behind right, step on right (turning ¼ left), touch left heel forward  
**LADY:** Step left, step right behind left, step on left (turning ¼ left), touch right heel forward
- 13-16      **MAN:** Step on left (turning ½ right), touch right heel forward, step right (turning ¼ left) touch left toe at instep  
**LADY:** Step on right (turning ½ right), touch left heel forward, step left (turning ¼ left) touch right toe at instep (now facing partner)

## ¼ TURN, HEEL, ANGLE STEP, TOUCH, LADY'S WRAP AND DUNK OUT

- 17-20      **MAN:** Step left (turning ¼ left), touch right heel forward, step back on right (at right angle) touch left toe at instep  
**LADY:** Step right (turning ¼ left), touch left heel forward, step back on left (at right angle) touch right toe at instep (now facing partner)
- 21-24      **MAN:** Step left, step forward right, step forward left (turning ½ right), touch right toe at instep  
**Man's left arm goes over lady's head to put lady in a wrap, lady dunks down and goes under man's right arm to face him, hands are crossed, right over left**  
**LADY:** Step forward right (turning ½ left), step back on left, step back on right, touch left toe at instep (now facing partner)

## LADY'S WRAP, TOUCH, UNWIND LADY, HEEL

- 25-28 **Man:** Step RIGHT, step forward LEFT, step forward RIGHT (turning ½ LEFT) touch LEFT at instep  
**Hands go up and over lady's head, bringing back down to wrap position, lady in front of man, back to belly**  
**LADY:** Step forward left, step forward right, step forward left, touch right toe at instep
- 29-32      **MAN:** Step forward left (at a right angle), step right together, step left in place, touch right heel forward  
**Man's left, lady's right, hands go over lady's head as she turns and ends up in left shoulder to left shoulder parallel, with arms at waist level**  
**LADY:** Step back on right (turning ½ right), step left in place, step right in place, touch left heel forward

## PIN WHEEL WALK, VINE ACROSS

- 33-36      **MAN:** Walk forward right, left, right pin wheeling ½ counter to the right or left, touch left heel forward  
**LADY:** Walk forward left, right, left pin wheeling ½ counter to the right or left, touch right heel forward
- 37-40      **MAN:** Step left, step right behind left, step left, touch right heel forward (now right shoulder to right shoulder parallel, with arms at waist level)

**LADY:** Step right behind, step left, step right next to left, touch left heel forward

**TURN ½, HEEL, TURN ½, HEEL, TURN ¼, TOUCH, STEP IN FRONT**

41-44 **MAN:** Step on right (turning ½ right), touch left heel forward, step on left (turning ½l) touch right heel forward

**LADY:** Step on left (turning ½ right), touch right heel forward, step on right (turning ½ left) touch left heel forward

45-48 **MAN:** Step on right (turning ¼ right), touch left at instep, (back in double hand hold) step left, step right in front of left

**LADY:** Step on left (turning ¼ right), touch right at instep, (back in double hand hold) step right, step left in front of right

**REPEAT**

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